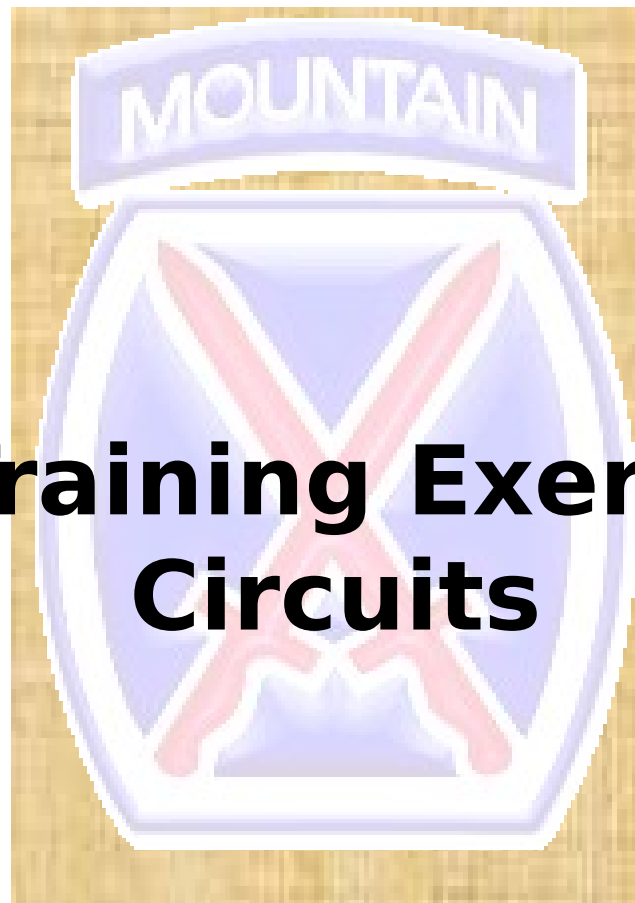








Field Training Exercises & Circuits









"Climb to

Lower Extremity FTX Exercises

Exercise	Start	Finish	Comments
Front Squat			Carry Variations: -Front -Overhead -Shoulder -Back Equipment: -Sandbag/Water-can
Romanian (Straight leg) Deadlift			Variations: -Sumo deadlift -1-arm deadlift (more core stability required) Equipment: -Sandbag/Water-can(s)
Overhead Reverse Lunge			Carry & Step Variations: -Front/Shldr/Back *may also lunge fwd or laterally Equipment: -Sandbag/Water-can









"Climb to

Lower Extremity FTX Exercises

<p>Suspension Reverse Lunge</p>			<p>Equipment: -Suspension strap (TRX or 550 cord); Girth hitch looped 550 cord from Stryker. Push through heel not toes.</p>
<p>Suspension Lateral Lunge</p>			<p>Same as above; Be sure to keep weight back (knee should not track in front of toes on stance leg). Suspended leg is kept straight.</p>
<p>Split Squat Jumps</p>			<p>Finish with opposite leg forward; This is a good body wt exercise that adds in a component of cardiovascular conditioning and power.</p>







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Pulling FTX Exercises

Pull-ups			Equipment: Stryker or suspend a litter between two HMMWV or FLAs.
Supine Pull-ups			Equipment: Suspension strap (TRX or looped 550 cord) Variation: Feet can be on ground or elevated.
Single Arm Rows	 <div data-bbox="680 945 821 973" data-label="Text">D:\P6100099.jpg</div>		Equipment: Water-can (50-100% full) Progression: Lift opposite leg (Rt leg in picture shown) high off ground throughout movement.
Straight Arm Rows			Equipment: Black band (6') girth-hitched to Stryker Tip: Keep back flat throughout movement

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Pulling FTX Exercises

<p>Pull-downs</p>			<p>Equipment: Black band girth hitched to Stryker.</p> <p>Variation: Perform a "squatted row" by girth hitching band to a lower placement (see below).</p>
<p>Plank Row</p>			<p>Equipment: Black band (6') girth hitched to Stryker.</p> <p>Tip: Keep hips even throughout movement</p>
<p>Suspension "T's"</p>			<p>Equipment: Suspension strap or black band.</p> <p>Variation: Can also perform "Y's" in which the arms are in a more vertical direction.</p>







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Pushing FTX Exercises

<p>Suspension Push-up</p>			<p>Equipment: Suspension Strap</p> <p>Progression: Elevate feet</p>
<p>Push-up and Crunch</p>			<p>Equipment: Suspension Strap</p> <p>Tip/Progression: Do not allow lower back to sag. Can perform "pike" position vs. crunch.</p>









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Pushing FTX Exercises

<p>Band Push-up</p>			<p>Equipment: Black theraband (approx. 30")</p> <p>Tip: Keep band under arms. This is a great way to increase push-up stamina.</p>
<p>Band Press down</p>			<p>Equipment: Black Theraband (approx. 6')</p> <p>Tip: Keep elbows locked at your sides.</p>
<p>Band Curl and Press</p>			<p>Equipment: Black theraband (approx. 6')</p>

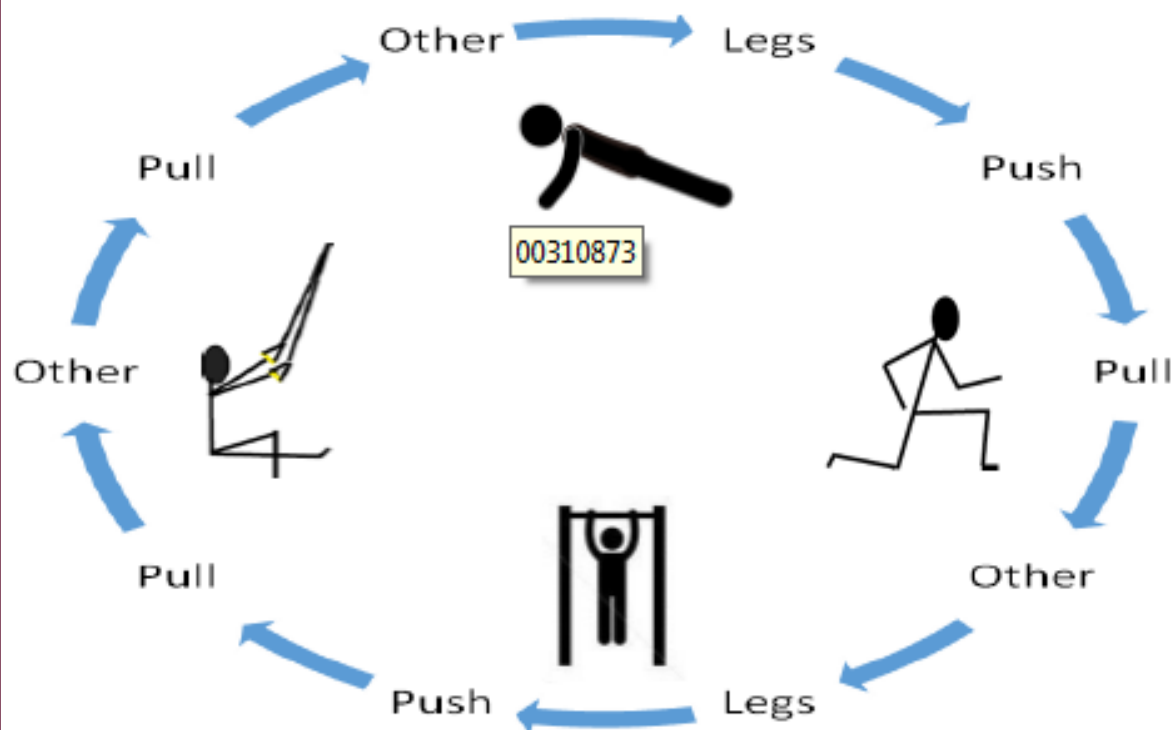
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“Other” FTX Exercises

Band Crunch			Equipment: Black Theraband (approx. 6')
Oblique/side Bridge			Keep shoulders in line with each other. Variation: Right is more challenging; can also lift inside leg and support with top leg.
Upright Row			Equipment: Black theraband (6'), Water-can, Sand-bag
Front and Side Raises			Equipment: Black theraband (approx. 6')

“Climb to

“Plug & Play” Field Circuit Training Diagram



CPT Jared McGowen, DPT, CSCS
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To create a field strength training circuit simply take exercises from above and plug them into the appropriate category in the diagram.

I recommend using time (i.e. 30 sec work:30 sec rest) as the intensity variable rather than specific loads and reps. This allows flexibility with participants of varying fitness statuses. With two people at each station, one rests while the other works...after two complete cycles, the entire group rotates. It's that simple!